

Target EXAM 1 Study Guide for PSY 206 – Developmental Psychology: Lifespan

*****PLEASE READ CAREFULLY*****

This is the target study guide for **EXAM 1**, which will cover **Chapters 1-4** of the required textbook. Learners are strongly advised to read and study each chapter thoroughly prior to completing this study guide. Moreover, learners are advised to complete this study guide early and not wait until the last minute to do so.

The exam will be administered on Online Campus. Be prepared for this!

This exam will be timed! **Learners will have exactly 50 minutes to complete this exam.**

This exam will be worth 150 points. There will be 75 multiple choice items on this test, each item worth 2 points.

This study guide will cover each test item in very specific detail, providing learners with enough information, in theory, to all test items correctly on the actual test.

Note that the items on this study guide have been randomly scrambled in an effort to add challenge to your study of chapter material. Additionally, be advised that on the actual test, items will not be in the same sequence as presented here on this study guide; all test items will be randomly scrambled as well.

Learners are advised to complete this study guide and thoroughly study your responses prior to the exam date.

DISCLAIMER: This study guide DOES NOT guarantee a passing grade on the exam, nor shall the learner interpret this study guide as a guarantee of a passing grade on the exam.

If learners have any questions concerning the information presented within this study guide, they can contact me via my personal cell phone, e-mail, or face-to-face office hours. I will be happy to guide the learner toward complete understanding. However, I will not provide learners with direct answers and my assistance will be very limited.

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1. Which prenatal test is used to sample the fluid that surrounds the fetus?
 2. Read and study Belsky's discussion of infertility, paying special attention to the statistical information. Be prepared to apply your understanding of this discussion to a conceptual scenario. You will be asked to identify a couple most likely to use ART.
 3. Jocasta has enjoyed drawing since she was young. She gravitated to art classes in high school, majored in graphic design in college, and eventually became a successful commercial artist. A developmentalist would explain Jocasta's career path in terms of...?
 4. Read and study Belsky's discussion of *infant-directed speech (IDS)*. What does current research say about the purpose and effectiveness of IDS?
 5. Understand the current trends in developmental research.
 6. Read and study Belsky's discussion of *object permanence*. Be prepared to apply your understanding to a scenario.
 7. Dr. Hammer is a lifespan developmentalist...what is *lifespan development*? What do lifespan developmentalists study? Study the four bulleted points discussed by Belsky regarding the "mammoth mega-discipline" of lifespan development. Be prepared to apply your understanding to a conceptual scenario ("Dr. Hammer" begins the scenario on the actual test).

8. Read and study Belsky's discussion of SIDS. Be prepared to apply your understanding of this discussion to a conceptual scenario asking you to identify a baby most likely to die from SIDS.
9. Read and study Belsky's discussion of the changing conceptions of childhood. How has our perception of childhood changed over the past 200 years? For this test item, you will be asked to generalize from the textbook and apply your understanding to a scenario.
10. What is the *difficult* temperament type? How can infant develop secure attachment with a difficult temperament? (Caution: Read and study Belsky's discussion of temperament very carefully with regard to this test item) Be prepared to apply your understanding to a conceptual scenario.
11. Match each process to the appropriate prenatal stage: brain development; implantation; formation of neural tube.
12. Link each symptom and emotion to the correct trimester: "Women may feel incredibly tired and experience morning sickness."; "Women often feel much better physically and become intensely bonded to the child."
13. Read and study Belsky's discussion of poverty and development. Based on that discussion, who is most likely *not* to graduate from high school?
14. You point to an interesting object, and your baby looks in that direction. This landmark is called...?
15. Clara asks you, "At what age should I expect my baby to begin sleeping through the night?" Your answer?
16. Understand the terms *doula*, *epidural*, and *Lamaze*.
17. Read and study Belsky's discussion of the prevalence of poverty. What are some of the criticisms of the official government poverty definition?
18. Based on your understanding of brain plasticity, what would you say to frantic parents whose baby has suffered an injury to the language centers of the brain?
19. What is the main reason that prevents the Head Start program from having long-term effects?
20. Dr. Onslow is giving his favorite lecture, on the links between early attachment and adult relationships. Read and study Belsky's discussion of attachment and adult relationships focusing on the ability of individuals, who grow up with insecure attachment, becoming securely attached. Be prepared to apply your understanding to a conceptual scenario.
21. Read and study Belsky's discussion of the prevalence of poverty. Based on that discussion, who is most likely to be living in poverty in the United States?
22. During the "little-scientist" phase, babies engage in what? Refer to Piaget's sensorimotor stage.
23. Amanda tells you her newborn son is a genius because when her breast touches his cheek, he immediately finds it and begins to suck. Your response?

24. According to the text, what was the likely reason that early research on hormone replacement therapy (HRT) for middle-aged women produced results favoring its use, but later studies found HRT to be potentially harmful?
25. Understand the difference between a *developed* and a *developing* society.
26. What is the main take-home message (or big picture) of Belsky's discussion of nature and nurture?
27. Distinguish between collectivist and individualistic cultures. For this test item, be prepared to conceptualize your understanding to a person who would best represent someone living in an individualistic culture.
28. What is *socioeconomic status (SES)*?
29. What is the *baby boom cohort*? Study the related discussion by Belsky of the baby boom cohort. For this test item, be prepared to conceptualize your understanding of the baby boom cohort to persons who may or may not represent this cohort.
30. Read and study Belsky's discussion of in vitro fertilization. Be prepared to apply your understanding of this discussion to a conceptual scenario. You will be asked to identify the woman who would only be able to conceive using in vitro fertilization.
31. An evolutionary psychologist is studying morning sickness. How would this psychologist explain morning sickness?
32. Read and study Belsky's discussion of *means-end behavior*. Be prepared to apply your understanding to a scenario.
33. What was Piaget most interested in understanding?
34. From the required textbook: "Pregnancy is a uniquely _____ and _____ time of life."
35. It's Christmas, you are at the mall, and a mom starts to place her 1-year-old child on the store Santa's lap. What response should you MOST likely expect?
36. When does fertilization occur? (Caution: don't provide knee-jerk response. Be sure to read and study Belsky's discussion of the process of fertilization)
37. If you lived in poverty as a young child, according to the text, what force might best insulate (protect) you emotionally?
38. What was Erik Erikson's major contribution to the field of psychology?
39. Carlo weighed 2 pounds at birth and is being discharged from the neonatal intensive care unit. What realistic statement about Carlo's prognosis might you make to his worried parents?
40. Why is Huntington's disease—a fatal, dominant, single-gene disorder—still in the population? (Caution: Read and study Belsky's discussion of genetic disorders carefully.)

41. Read and study Belsky's discussion of dads or fathers-to-be. What are some of the common worries of fathers-to-be?
42. What is the correct order of language acquisition in infants?
43. Read and study Belsky's discussion of infant mortality, pay especially close attention to the information on infant mortality in the United States.
44. Five-month-old Tara is more easily soothed by smiles and looks more at Mommy. Still, when Aunt Sally comes for a visit, Tara has no problem giving her a cuddle. Tara is in...?
45. Dr. Hammonds is an evolutionary psychologist. What is *evolutionary psychology*? What do evolutionary psychologists study? Be prepared to apply your understanding to a conceptual scenario.
46. Jack and Diane are the proud parents of 2 daughters, and are planning to have one more child. Wanting to understand their chances of having a son, they read up on the genetics of fertilization. What will Jack and Diane conclude and why?
47. At the mall, JoJo sees a big lollipop and asks Daddy to get it. When Daddy says, "No," JoJo falls to the floor kicking and screaming. After ignoring JoJo's tantrum for a few minutes, Daddy gives in and buys the lollipop. JoJo immediately becomes quiet. If you were a traditional behaviorist observing this scene, what are some of the observations and comments you would make about this situation?
48. James is blind from birth. Robert lost his sight in a boating accident at age 16. Who might have superior touch sensitivities during adult life?
49. Dr. Kleine believes that, in explaining human development, nature is more important than nurture. What is the *nature vs. nurture question*? Be prepared to apply your understanding to a conceptual scenario asking you which statement is Dr. Kleine most likely to make.
50. Read and study Belsky's discussion of the three stages of birth. What is the correct order of events during labor?
51. Given the NCHID child care findings, what should you advise a friend with a newborn?
52. A friend asks you, "Who does a baby get attached to at age 1?" You answer?
53. Latisha, who is pregnant and totally addicted to nicotine, asks you to convince her that smoking will harm the baby. Identify the arguments you would make against smoking, based on Belsky's discussion.
54. During a large portion of our lifespan we are biologically programmed to react MOST intensely to what social cues?
55. What are the classic behaviors of a child demonstrating Erikson's stage of autonomy vs. shame & doubt?
56. Read and study Belsky's discussion of breast milk. Be prepared to use your understanding to respond correctly to a scenario on who would be least likely to breastfeed their baby.

57. One-year-old Anthony is terribly clingy even when his mom is in the same room. If she leaves, he cries frantically and cannot be comforted by her when she returns. How might you classify Anthony's attachment status?
58. What are the brain changes that program our unfolding skills?
59. Your cousin wants tips about how to quiet her 2-month-old baby. Based on the discussion in the required textbook, what would you suggest?
60. Dr. Schatzman is a fan of attachment theory. Read and study Belsky's discussion of attachment. Be prepared to apply your understanding to a scenario – what would a follower of attachment theory state (or would not state) concerning the importance of attachment?
61. Understand Chomsky's perspective on language development. Be prepared to apply your understanding to a conceptual scenario asking you to identify the statement that Chomsky would most likely make concerning the acquisition of language.
62. Margo says, "Recently, I am beginning to see my little boy as an individual with his own ideas. I now find myself getting angry and disciplining him for the first time." What may be causing these feelings? What is the cause of Margo's feelings? Refer to Belsky's discussion of *the mind-expanding effects of travel*.
63. Food insecurity affects about _____ U.S. families.
64. A sex-linked single-gene disorder is usually transmitted from...? (Caution: Read and study Belsky's discussion of genetic disorders carefully.)
65. Physiologically speaking, who is the "hardier sex" – men or women? Read and study Belsky's discussion of the impact of gender. Be prepared to apply your understanding to a conceptual scenario.
66. As a mental health professional, you are concerned because your client and her young baby don't seem to be "dancing well." What might be the problem?
67. Read and study Belsky's discussion of the *developmental systems perspective*. For this item, you will be asked to identify the statement (among several statements) that is most consistent with this perspective. So, be prepared to apply your understanding.
68. Your friend Juanita asks, "How can I help my shy toddler son become less anxious around people?" You answer?
69. In addition to fostering a secure attachment, what other general socialization strategy should you use to promote healthy development?
70. Gerard is a genetic counselor whose clients are prospective parents. What is a *genetic counselor*? How are they trained and what is their main goal? Be prepared to apply your understanding to a conceptual scenario.
71. Trixie is a newborn. Visually speaking, what will Trixie prefer? Read and study Belsky's discussion of *focusing on faces*.

72. Read and study Belsky's discussion of mastering motor milestones. You will be asked to identify the correct sequence motor development; so, read this discussion very carefully.
73. Pablo is arguing that many c-sections are NOT medically necessary. Based on closely reading the required textbook, what arguments would he make?
74. Juanita, age 4, goes to day care happily, without any signs of distress. The MOST likely reason is that Juanita is...? Read and study Belsky's discussion of attachment styles.
75. Elmer, who is 1½ years old, is running ahead of his mom when some big kids race past on bicycles. Elmer turns around, runs back, and begs to be picked up. Elmer is showing...?